

HAPPY HOME

December 2023

Issue No. 8



Lough Erne, Co Fermanagh
Photo courtesy of Richard Scott



Welcome

Welcome to the December 2023 issue of 'Happy at Home'. I want to say thank you to the Northern Ireland Housing Executive for the funding to continue our annual Winter campaign, 'Happy at Home'. We are delighted to also continue to work in partnership with Fermanagh & Omagh District Council in the Age Friendly work and grant aid programmes, and with the Western Health & Social Care Trust with our Active Living programme.

As we move into the winter months it's so important to have access to the information you might need over the colder months. This booklet is full of details of support organisations and how to contact them. South West Age Partnership works with the organisations included to design, develop and deliver important programmes across Fermanagh and Omagh, it's great to see some of them here.

The 'Happy at Home' campaign was developed over the pandemic but we can see it is still relevant over the winter months. We tend to spend more time at home over the next few months so SWAP is trying to ensure that local older people can still make connections into the local community and support organisations. I hope you enjoy the booklet, it's brilliant to see so much happening across the district and lovely to see local stories of community support and friendship. This has been a busy time for SWAP and I want to acknowledge all the support we have received from our member groups and individual older people over the past few months. We can't do what we do without all your help, it is much appreciated.

Looking forward to seeing everyone in 2024.

Marj Aitken

Chairperson, South West Age Partnership



Seamus Ward

Head of Health Improvement
Equality and Involvement

Seamus Ward, Head of Health Improvement, Equality and Involvement at the Western Health and Social Care Trust, welcomed the publication saying;

The Western Health & Social Care Trust is delighted once again to be working in partnership with Fermanagh & Omagh District Council and South West Age Partnership to support the 'Happy at Home' newsletter. It is a great resource to keep people up to date with what is happening in their local areas coming up to Christmas and during the winter months. We know the importance of continuing to remain socially connected over the darker winter months, and we encourage people to get out and attend groups and events where they can. There is something for everyone in the newsletter, from information on local events to quizzes and competitions for those who can't make it out as often as they would like, but can still engage and participate from the comfort of their own homes.

Foreword

As Chair of Fermanagh and Omagh District Council, I am delighted to welcome you to this edition of 'Happy At Home'. Fermanagh and Omagh District Council is committed to working in partnership with other stakeholders to improve the lives and health and wellbeing of the residents in our District. We are, therefore, delighted to once again be working with South West Age Partnership and the Western Health and Social Care Trust on this initiative which is an excellent resource for our older residents.

This booklet provides useful information and advice on a wide range of topics as well as activities and some Christmas cheer. As partners in the Fermanagh and Omagh Community Plan 2030, the Council is pleased to support the 'Happy At Home' initiative as it contributes to our commitment to ensure our older residents lead more independent, engaged and socially connected lives.

I would encourage everyone to participate in the 'Happy At Home' initiative; it is the perfect way to shorten the long winter evenings. I would also like to take this opportunity to wish everyone a Happy Christmas and Best Wishes for the New Year.

Councillor Thomas O'Reilly

Chair of Fermanagh and Omagh District Council



South West Age Partnership is continuing to support Older People's groups/clubs and individual older people from across Fermanagh and Omagh. SWAP works with people aged 60+ that live in the district. Allison in SWAP can provide groups with funding support, governance support and programmes and there is always something new coming up! Give Allison a call or drop her an email if you have any queries.

SWAP is planning a few activities for the Winter, these will include a gardening project, yoga, felting projects, a printing project and a variety of exercise classes. If you want to be kept up to date on these plans please contact Allison and she will make sure you get the details or check SWAP's Facebook page.

Allison Forbes, 54 Gortview Close, Omagh, Co. Tyrone, BT79 7WU

Telephone: 028 8225 1824

Email: aforbes@southwestagepartnership.co.uk

www.facebook.com/swapnetwork

www.twitter.com/PartnershipSw



Is it time to look after yourself?

Good Vibrations is a new over 50's, men-only health programme.

- Find out how to look after your health and stay strong
- Learn expert tips for minding your head
- If you're in a job, plan your later working years
- Option to join a men's group
- Individual support if you need it

Interested? Contact:
good-vibrations@ageni.org

Good Vibrations Co-ordinators:

George Smith

E George.Smith@ageni.org | M 07436 581437

Stephen Gourley

E Stephen.Gourley@ageni.org | M 07816 247 624

Changing the face of men's health

 **FUNDED PROJECT
MOVEMBER®**

Families Moving On

Families Moving On is an interdenominational charity established to support, guide, and advise those who have been affected by 'The Troubles' in Northern Ireland. We offer social gatherings, respite trips, complementary therapies, befriending, personal development classes, referrals for counselling, welfare advice and health and wellbeing support.

Telephone 028 8225 0369

Email : info@familiesmovingon.com

www.familiesmovingon.com

VSS

Victims & Survivors Service



Alzheimer's Society

Together we are Help and Hope.



At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to those living with dementia today and providing hope for the future.

We're here for everyone living with dementia. As a Society, we include people with dementia, carers, trusted experts, campaigners, researchers, and clinicians. We have over 40 years of experience and a wealth of knowledge when it comes to addressing the biggest challenges facing people living with dementia. We're making a difference by campaigning on the issues that matter to people living with dementia, funding dementia research, and providing dementia support services.

Our services

Carers Information Support Programme (CRISP) is a 4-week programme, designed for informal carers and family members of people living with Dementia. We cover a range of topics, including, Understanding Dementia, Providing Support and Care, Legal and Financial Matters and Coping Day-to-Day. Each session lasts around an hour and 30 minutes and takes place in a community venue. The group also provides an opportunity for carers to meet, access information and share experiences in a supportive environment.

The **Dementia Café** is a group for people with dementia and a member of their family, providing the opportunity to meet with others in a relaxed social environment. These facilitator-led sessions offer an opportunity to access information on a range of related topics.

Peer Support is a group for family and carers of people with dementia, providing an opportunity to meet other people who will understand what you are going through. Run by a facilitator, these sessions provide an opportunity for people affected by dementia to ask questions, access information and share experiences in a safe and supportive environment.

The **Dementia Support Service** provides information support and sign-posting at all stages of the dementia journey, from pre-diagnosis to future planning and end-of-life.

Want to find out more?

Julie-Anne Casson Dementia Adviser Omagh: 07889 604 702

Howard Clarke Dementia Adviser Foyle: 07902345229

Martin Bradley Dementia Adviser Fermanagh: 07725475715

Helpline 0333 150 3456

www.alzheimers.org.uk





Police Service of Northern Ireland

Neighbourhood Policing Teams

There are 7 neighbourhood policing teams across the Fermanagh and Omagh area: Enniskillen, Erne East, Erne North, Erne South, Mid Tyrone, Omagh and West Tyrone.

We are here for you. Neighbourhood policing teams work in partnership with communities as well as with statutory and voluntary bodies to address local issues and concerns to deliver collaborative solutions. We are committed to improving your quality of life and building safer communities. To contact your local neighbourhood policing officer ring 101 or visit: www.psni.police.uk/about-us/local-policing/fermanagh-and-omagh

Multi Agency Support Hub

What is a Support Hub?

A Support Hub is a group of key professionals from local agencies who work together, sharing information to reduce the vulnerability of an individual or family.

What is the purpose of a Support Hub?

To reduce the vulnerability of identified individuals in need of support. The person, their opinions and their welfare are at the centre of any decisions or action.

Who is in the Hub?

Each Hub is different but possible partner agencies include:

- PSNI - NIAS - NIFRS
- Education Authority - F&O Council
- YJA - PBNI - NIHE
- Health Trust

Crime Prevention Officer

To provide advice regarding personal safety and advice to reduce crime vulnerability.

Provide advice and support as necessary to home owners regarding crime prevention methods to reduce the chances of being a victim of a burglary, theft or robbery.

Maintain good working knowledge of the principles and current developments in community safety crime reductions.

To develop local crime prevention and reduction initiatives.

But our greatest asset is you. Together we are Partners in Crime!

MULTI AGENCY SUPPORT HUB

Visit victims of domestic abuse and advise them of how to keep themselves safe from their partner.

To provide information on crime reduction to community groups, including business owners and farmers which will help to promote, develop and encourage them to be aware of methods to increase security at their premises.

Policing and Community Safety Partnership

Policing and Community Safety Partnerships (PCSPs) play an important role in addressing community safety issues and in providing a mechanism for monitoring police performance at a local level.

What does the PCSP do?

We have two key roles:

- Addressing community safety
- Monitoring police performance at a local level

Who is the Fermanagh and Omagh Policing and Community Safety Partnership (PCSP)?

We are one of eleven PCSPs established in 2012 by the Justice Act (Northern Ireland) 2011.

Who sits on the PCSP?

There are ten Elected Members nominated by Fermanagh and Omagh District Council. The Northern Ireland Policing Board appoints nine independent members selected as representative of the makeup of the area. There are seven designated organisations: Police Service of Northern Ireland (PSNI), Northern Ireland Fire and Rescue Service (NIFRS), Northern Ireland Housing Executive (NIHE), Youth Justice Agency (YJA), Education Authority Northern Ireland (EANI), Western Health and Social Care Trust (WHSCT) and the Probation Board Northern Ireland (PBNI).

How to contact the PCSP?

Tel: 0300 303 1777

Text phone: 028 8225 6216

E: pcsp@fermanaghomagh.com

W: PCSP Webpage

<https://www.facebook.com/FermanaghandOmaghPCSP>

https://www.instagram.com/fermanagh_and_omagh_pcsp/

D	E	T	I	G	H	K	L	I	B	U	R	G	L	A	R	A	L	A	R	M	B	N	M	L	C	V	B	N	D	M	J	L	B	S
A	O	N	U	T	E	Z	X	C	Z	N	B	F	D	S	S	S	D	C	V	A	S	G	D	S	J	K	P	O	L	I	C	E	G	M
V	N	O	F	R	P	D	H	Y	I	O	E	V	G	J	K	A	W	T	Y	T	I	O	E	P	F	K	L	V	S	X	Q	T	H	M
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G	A	T	E	S	D	C	G	B	C	X	P	X	G	U	A	R	I	N	T	E	R	C	O	M	J	K	J	H	K	S	H	I	J	K
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Y	I	P	L	E	F	F	B	V	A	S	Y	U	P	K	J	H	M	N	B	Q	W	E	D	G	D	M	N	E	H	F	G	O	K	L
V	P	I	I	K	T	Y	U	I	H	G	S	F	H	J	N	B	V	C	Z	E	T	U	I	N	X	N	L	N	D	J	M	S	A	P

Completed entries to

Allison Forbes, SWAP, 54 Gortview Close, Omagh, BT79 7WU or aforbes@southweststagepartnership.co.uk

Can you spot the following crime prevention related words and phrases in our Wordsearch?

The first completed entry from each of the 7 district electoral wards will win a home security pack courtesy of the Policing and Community Safety Partnership (PCSP):

Burglar Alarm (When was it last serviced?)

Padlock (Remove the keys)

Gates (Always close or lock them)

Cameras (Clean the lenses)

Door Chain (Engage it before you open your door)

Check ID (Take your time)

Security Lights (Check they're working)

Spy Hole (Keep it cobweb free)

Windows (Check last thing at night and close or lock them when you leave)

Dead Bolts (Every time you leave the house)

Police (Report suspicious people and vehicles – you might just have prevented a crime!)

Passwords (Change them often and never share)

Keys (Keep them safe)

Neighbourhood Watch (Join one or start one)

Intercom (Use it if you have one)

Quick Check (Ring 101 to check if the contractors in your area are legitimate)

Timers (A good idea to make it look like there's someone home)

Friends and Neighbours (Tell someone where you're going and when you're house is empty)

Mobile Phone (Keep it handy and keep it charged)

Dogs (A barking dog can alert you and your neighbours to the presence of any prowlers)

Notes (You say 'Dear Postie please leave the parcel in the shed' They see 'Dear burglar we're not at home and there's an extra present waiting for you in our unlocked shed.')

Social Media (Don't post pictures of holidays, expensive gifts or car registrations – you never know who's watching)

Cold Callers (Don't be afraid to say no and only if it is safe to do so note their description and car details)

Stop (Take your time. Don't allow yourself to be rushed into any decisions by pushy salespeople)

Scams (If it seems too good to be true it probably is. Get a second opinion before committing)

Valuables (Keep them out of sight and take pictures)



£3.4 Million Funding Boost to Enhance Transport Options for People with Disabilities, Mobility Issues and the Older People in the North, West and Mid-Ulster Areas

Easilink Community Transport along with three Rural Community Transport Project Partners (CDM Community Transport, Fermanagh Community Transport and North Coast Community Transport) are thrilled to have been successful in securing £3.42 million of funding from the Motability Foundation through their 'Community Transport Grant Programme'.

Lisa Jones, Director of Charitable Operations at the Motability Foundation, comments on the grant award: "We're delighted to award Easilink Community Transport with this grant to support rural community transport partnerships, so that disabled people across the North, West and Mid-Ulster areas of Northern Ireland have greater access to travel."

Please contact your local Community Transport Operator for further information

CDM Community Transport - 028 86767766
Cookstown and Dungannon

Easilink Community Transport - 028 71883282
Derry / Londonderry, Strabane and Omagh

Fermanagh Community Transport - 028 66324260
County Fermanagh

North Coast Community Transport - 028 70321234
Causeway Coast and Glens Council area and Ballymena Area

What We Will Deliver

- ▶ Delivery of passenger trips to disability centred groups.
- ▶ Investment in a fleet of fit for purpose accessible mini-buses.
- ▶ Driver training and employment programme.
- ▶ Transport to regional hospital, health and wellbeing appointments.



Making all journeys accessible

Home to Hospital, Health and Wellbeing

Door-to-Door Out-of-Area Transport Service for people with disabilities, people with mobility issues and older people



A new affordable and accessible door to door subsidised community transport service to help people with disabilities, people with mobility issues and older people in Fermanagh attend hospital, health and wellbeing appointments in the Western Trust area.

What is the service?

The Home to Hospital, Health and Wellbeing service is a new community transport service funded by The Motability Foundation and delivered by Fermanagh Community Transport.

Who can use the service?

The aim of the service is to help people with a physical or hidden disabilities, people with mobility issues and older people who do not have access to public or private transport attend hospital, health and well-being appointments across the Western Trust area.

How it will be delivered?

The new service will be delivered primarily by our volunteer car drivers, and we have accessible vehicles for those with significant mobility issues, and for those who depend on wheelchairs.

How do I Join

New clients must register as a member of Fermanagh Community Transport, in order to use the new service. Membership is free.

Where can I travel to?

Qualifying clients (living in the Fermanagh area, with no access to public or private transport), can use the service to attend Hospital Appointments in Altnagelvin or Omagh Hospital and Primary Care Complex, and any other health and well-being appointments in the Western Trust area. Unfortunately the service cannot be used for emergency transport.



T: 028 6632 4260

Supported by



Making all journeys accessible

Call your local office to find out how to become a member

E info@fermanaghcommunitytransport.com W fermanaghcommunitytransport.com

Are you a seasoned POET with a passion for sustainable food and a knack for crafting verses?



Fermanagh and Omagh District Council is establishing a Sustainable Food Partnership for the district and invite you to participate in our Sustainable Food Poetry Contest, an opportunity to channel your creative talents towards the important cause of promoting sustainable food practices.

Poem should begin “With every meal, a chance for change...”

Entries should be submitted by 15th January 2024 and can be posted to: Eilish Morgan, Fermanagh and Omagh District Council, The Grange, Mountjoy Road, Omagh, BT79 7BL. Please include your name, address and contact telephone.

GOODIE BAGS FOR THE TOP 3 ENTRIES.



KEEPING WARM AND WELL

Advice and money saving tips on keeping warm this winter

The current high energy prices and cost of living increases are affecting us all and putting some families at risk of fuel poverty. Fermanagh and Omagh District Council has compiled some tips for helping to reduce heating costs this winter.

- Switch and Save - consider switching your energy supplier and shop around for the best prices and tariffs to make sure you aren't paying more than you need to
- Join the NI Oil Buying Network and as a member you can order your oil each week (or whenever you need a refill) at a negotiated discount. Average savings are currently £10 - £30 on 200 litres of oil for OBN members: <https://www.nihe.gov.uk/community/ni-energy-advice/oil-buying-network>
- Shop around for the cheapest oil prices. Many people find it difficult to budget for large one-off bulk deliveries. Larger orders are a higher one-off cost, but smaller orders cost more per litre. Buyers often have no option but to place smaller, more expensive orders. <https://www.nihe.gov.uk/community/ni-energy-advice/oil-buying-network>
- Find out how much common appliances cost to run: <https://www.consumercouncil.org.uk/policy-research/publications/appliance-runniommonng-costs-table>
- Turn off lights, electric appliances and don't leave computers, tv etc on standby
- Save an average of £75 on electricity a year by drying clothes on a clothesline, instead of using a tumble dryer
- Switch to LED (energy saving bulbs) and save between £4 - £13 per bulb per year
- Reduce daily showers to 4 minutes and save around £65 per year
- Only boil the water you need in your kettle. This can save £14 per year
- Washing clothes at 30 degrees and one less cycle per week can save around £36 a year on energy
- Increase hot water cylinder insulation from 25mm to 80 mm and save around £40 per year
- Turn room thermostats down by only 1 degree and save around 10% on your heating bill
- Fitting reflective radiator panels in a house with uninsulated cavity walls or solid walls could save around £40 per year
- Draughtproofing the whole house, including an unused chimney could save you up to £120 per year

Further information and advice from a number of organisations can be found on the Council's Cost of Living page:

<https://www.fermanaghomagh.com/services/community/cost-of-living-help/>



Murphy's on Main Street

Murphy's on Main Street Community Hub

Breathing new life into Ederney village



Number 15 Main Street sits in the heart of Ederney, and is an increasingly rare example of an early 19th century shop with upstairs living accommodation. It is Grade B1 Listed and of regional importance for its architectural and historic value.

It was constructed circa 1840 and was likely built as part of a gradual redevelopment of the village, which was carried out at the turn of the Victorian-era by the local landlord the Reverend William West. The property is one of a small number of listed buildings in the village which include the adjoining Number 17 Main Street and the Old Market House (Town Hall), all of which are from the same period. The building's significance lies in its late Georgian architectural style, particularly its front elevation and rural vernacular detailing, and has group value with other buildings constructed at the same time as when the village was expanding.

Number 15 Main Street had historically been a social focus in the village, and there is a community significance and economic interest again associated with the village and, in particular, the Murphy family who lived at Number 15 Main Street from the early 1900's to 2004. Ellen Murphy's café served the community for decades with many locals still recollecting fond memories of calling in for much-needed sustenance on a Fair Day. In the 1990's, Ellen's son, Pat, reminisced that Ederney's Fair Day was a major event with hundreds converging on the café needing fed and watered!

Ederney Community Development Trust, understanding the building's history and significance, have worked on the restoration, extension and adaptation of this previously 'at risk' historic building to create a community hub called Murphy's on Main Street. During restoration, it was important that the cultural significance of Number 15 Main Street was not compromised, and the work retained as much of the original building fabric of the building as possible. Now, after more than a decade of abandonment and dereliction, the restoration of Number 15 Main Street has breathed new life into the village and community.

Murphy's on Main Street Community Hub opened its doors in September 2022 to address rural isolation, social deprivation and economic difficulties, as well as connecting the area to wider society using



some of our natural and historical assets to boost a tourism economy. The Community Hub Manager, Neil Armstrong, commented "The restoration of Number 15 Main Street represents a way of life mostly forgotten, and the building is once again a village gathering place."

"The Community Hub contains tearooms, wellness studios, creative spaces and co-working offices serving the wellbeing needs of local people as well as attracting tourists and visitors to the area. Our two highly skilled resident practitioners, based in the wellness studios, deliver an essential service to our rural community and are helping to improve the health and quality of life for local people."

Neil concluded, "In the first year since opening, the Community Hub has welcomed 2,188 users to its programmes, events and facilities, and delivered more than 1,300 hours of health and wellbeing services."

The project was managed by Ederney Community Development Trust and gratefully supported by the National Lottery Heritage Fund, the Village Catalyst programme, the Architectural Heritage Fund, Ederney Credit Union, and Fermanagh and Omagh District Council. The Village Catalyst programme is a partnership initiative between the Department for Communities, the Department for Agriculture, Environment and Rural Affairs and the Architectural Heritage Fund which tackles rural poverty and social isolation, by refurbishing derelict historic buildings for uses which provide access to services and address core needs in small rural communities.

For further information on Murphy's on Main Street Community Hub, please visit their website www.murphysonmainstreet.com or follow their Facebook page.

OMAGH HEALTHY LIVING NETWORK

Omagh Healthy Living Network will deliver a range of health promotion programmes across the rural and urban areas of Omagh as well as the roll out of Social Prescribing.

We will be supporting the Omagh District with programmes on;

- ✓ **Mental Health**
- ✓ **Physical Health**
- ✓ **Food Health**
- ✓ **Smoking Cessation**
- ✓ **Pain Support**
- ✓ **Social Prescribing**

The Social Prescriber will take the time to chat to you about how you are feeling and what matters to you – and will explore options in your community to improve your wellbeing and help you plan your next steps.

(Note: All social prescribing referrals to go through the GPs)

Find out more - contact the team on
082 882 251559 or email health@omaghforum.org

Follow us on Facebook - <https://www.facebook.com/omaghhealthyliving/>



Supported by

COMMUNITY FUND

Your Health Matters

A HOLISTIC APPROACH TO HEALTH

To find out more, please contact the team

07458094050



OMAGH
HEALTHY
LIVING



health@omaghforum.org

RNID NEAR YOU

Hearing Aid User Support Service. Providing Support for NHS hearing aid users throughout Western HSCT.

RNID in Partnership with Department of Health are holding a free walk in Support Service where we can:

- Re-tube mould style hearing aids, Clean Open-Fit style hearing aids
- Change and supply RIC wax filters, Supply hearing aid batteries
- Advise on getting the best from your hearing aids, Advise on equipment, Provide information on deafness, hearing loss and tinnitus and Signpost to other services

Castlederg

Derg Valley Living Centre
5 Parkview Road, Castlederg. BT81 7BN
3rd Tuesday each month
2023: 19th Dec
2024: 16th Jan, 20th Feb, 19th March, 16th April, 21st May, 18th June - Time: 10:30am – 12pm

Newtownstewart

Newtownstewart Community Centre
17 Moyle Road, Newtownstewart, Omagh. BT78 4AP
3rd Monday bi-monthly
2024: 15th January, 18th March, 20th May Times:
10:30am – 12pm

Enniskillen

Fermanagh House
Broadmeadow Place, Enniskillen. BT74 7HR
1st Thursday each month
2024: 4th January, 1st Feb, 7th March, 4th April, 2nd May, 6th June Time: 10:30am – 12pm

Omagh

Peter Good Hall
James Street, Omagh. BT78 1DH
Last Thursday bi-monthly
2023: 14th Dec
2024: 29th Feb, 25th April, 27th June
Time: 10:30am – 12pm

Irvinestown

Arc Health Living Centre
116 – 122 Sallys Wood
Irvinestown
Enniskillen
BT94 1HQ
Last Thursday bi monthly
2024: 29th Feb, 25th April, 27th June
Time: 10:30am – 12pm

Sion Mills

Sion Mill Parish Hall (Bog Hall)
Primrose Park
Sion Mills
BT82 9QB
First Friday bimonthly
2024: 5th January, 1st March, 3rd May
Time: 11am – 1pm

Lisnaskea Library

157 – 159 Main Street
Lisnaskea
BT92 0JE
Last Thursday bimonthly
2024: 25th January, 28th March, 30th May
Time: 10:30am – 12pm

“RNID Near you provides local support within your community with NHS hearing aid basic repairs and providing batteries. We also provide a 3 minute hearing check for non – hearing aid users. In addition RNID provides opportunity for volunteering with a commitment of 2 – 3 hours a month – please get in touch with SW RNID NY coordinator Lisa Stewart if you require more information – lisa.stewart@rnid.org.uk”

RNID

Supporting people
who are deaf, have
hearing loss or tinnitus

07360268988
lisa.stewart@rnid.org.uk
rnid.org.uk



Walking for health is a regional initiative funded by the Public Health Agency. It aims to encourage inactive people, including those with health issues to participate in local health walks led by trained Walk Leaders.

Walk Leader training is available to anyone living or working in the WHSCT area who would like to offer a programme of regular health walks as part of their work role or in a voluntary capacity.



Free insurance is provided and support is available once you complete training.

We also have an up to date list of local open walking

groups in each locality available on request. For more information contact health.improvement@westerntrust.hscni.net



Project supported by the PHA

Don't feel alone. We're here to talk.



Phone Connect Fermanagh and we can provide: A friendly chat and information / help to link you to the right support and services in your area.

Are you worried about someone and think they could benefit from a weekly check-in to see if they are OK?

We are flexible and adaptable, we continually monitor, review and adapt our service to meet emerging needs.

028 66 320 230

info@connectfermanagh.org

www.connectfermanagh.org

Registered with the
Charity Commission for NI
NIC108524



Become a Litter Champion Register now

QR Code



Scan Me

Choose an area and look after it.
You can choose any spot you like: from a town/village to a stretch of beach, a local park, forest or even the street or road you live or work on.



Free Kit

Register: www.fermanaghomagh.com

Search: Litter Champion

For further information on the scheme simply email:
litter.champion@fermanaghomagh.com or Phone

0300 303 1777



Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hÓmaí



LIVE
HERE
LOVE
HERE

Useful Contacts

Age NI

028 9024 5729
advice@ageni.org
www.ageuk.org.uk

Alzheimer's Society

Fermanagh Dementia Advisor
0333 3150 3456 / 077 2547 5715
martin.bradley@alzheimers.org.uk
www.alzheimers.org.uk

Alzheimer's Society

Omagh Dementia Advisor
0333 3150 3456 / 078 8960 4702
Julie-anne.casson@alzheimers.org.uk

Arc Healthy Living

Helping others to help themselves
028 6862 8741
aidan.ormsby@archlc.com
www.archlc.com

The B Friend Hub

Free telephone and home befriending for older people living in Omagh, Strabane and Fermanagh.

Fermanagh

028 6698 0027 / 075 9138 6189
rita@thebefriendhub.org
www.omaghvolunteercentre.org

Omagh

028 8224 0772 / 075 9195 2133
laurence@thebefriendhub.org

British Red Cross

Connecting Communities Programme in West Tyrone, Belleek, Garrison and surrounding areas - offering support tailored to your wishes and specific interests.
028 8225 2790 / 770 2338 930
Communityconnector@redcross.org.uk

Carers Support

Information and Signposting Service for unpaid Carers
Carers Coordinator
E: Carers.Support1@westerntrust.hscni.net
Tel: (028) 6634 4217 or (028) 7135 5023

Christians Against Poverty Debt Management Advice and Support

0800 328 0006
contact@capuk.org
www.capuk.org

Chest Heart & Stroke

Our mission is to prevent chest, heart and stroke illnesses in NI and care for those already affected by them.
028 9032 0184 / 077 9397 9870
nferguson@nichs.org.uk
mvirtue@nichs.org.uk
www.nichs.org.uk

Community Advice Fermanagh

Free, independent confidential and impartial information, advice, advocacy and representation.
028 6632 802 / 073 9492 173
info@fermanaghhouse.org

Connect Fermanagh

Providing a friendly chat and information and help to link you to the right support and services in your area.
028 6632 0230
info@connectfermanagh.org
www.connectfermanagh.org

The Consumer Council

Promote and safeguard the interests of consumers in Northern Ireland.
0800 121 6022
contact@consumercouncil.org.uk
www.consumercouncil.org.uk

Crimestoppers

0800 555 111
www.crimestoppers-uk.org

Deafblind UK

Deafblind UK supports people who have any level of sight and hearing loss. We help people to live with deaf blindness by making connections, building their confidence and independence.
0800 132 320
info@deafblind.org.uk
www.deafblind.org.uk

Dementia NI - Omagh/Foyle

People with dementia driving positive change. 028 9693 1555 / 077 3437 6035
emma@dementiani.org
www.dementiani.org

Dementia NI - Fermanagh/Omagh

077 3437 2617
patricia@dementiani.org

WHSCT Dementia Navigator

075 8599 8890
cliona.connolly@westerntrust.hscni.net

Drink Wise Age Well

Helping people make healthier choices about alcohol as they age.
0808 801 0750
www.addictionni.com/ways-we-support-you/over-50s-alcohol-helpline

Easilink

We provide a transport option to rural dwellers across the Omagh, Strabane & Foyle areas.
028 8224 8140
info@easilink.org
www.easilink.org

Fermanagh and Omagh District Council

0300 303 1777
info@fermanaghomagh.com
www.fermanaghomagh.com

Fermanagh Rural Community Network

Provision of practical support, guidance, information, signposting and networking opportunities for groups throughout County Fermanagh.
028 6632 7006
info@fermanaghrcn.org
www.fermanaghrcn.org

Fermanagh Community Transport

Provides rural transport services to people and communities.
028 6632 4260
info@fermanaghcommunitytransport.com
www.fermanaghcommunitytransport.com

Fire, police, ambulance and coastguard

Emergency: 999
Non-Emergency: 112
www.psni.police.uk/crime/

Flooding Incident Line

0300 200 0100

GP Out-of-Hours Service - Western Urgent Care (Limavady/L'Derry/Strabane/Omagh/ Enniskillen)

Attendance at GP Out-of-Hours centres is by appointment only so please phone in advance.
028 7186 5195

Hourglass NI

Hourglass will develop traction in the Northern Ireland Assembly to achieve our primary goal of implementing an Adult Safeguarding Bill, bringing Northern Ireland in line with legislative protections across the wider UK.
0808 808 8141
nireland@wearehourglass.org
www.wearehourglass.org/ni

Housing Executive

Our vision - Everyone is able to live in an affordable and decent home, appropriate to their needs, in a safe and attractive place.
General 034 4892 0900
Repairs 034 4892 0901
Homeless out of Hours
0344 892 0908
www.nihe.gov.uk/About-Us/Contact-Us

Lakeland Community Care

A Health and Social Care service that is shaped by the needs and experience of patients, clients, carers and communities.
028 6638 6934 / 079 0953 0124
Frances@lakelandcare.org.uk
www.lakelandcare.org.uk

Libraries NI - www.librariesni.org.uk

Enniskillen: 028 6632 2886
enniskillen.library@librariesni.org.uk

Irvinestown: 028 6862 1383
irvinestown.library@librariesni.org.uk

Lisnaskea: 028 6772 1222
lisnaskea.library@librariesni.org.uk

Omagh: 028 8244 0733
omagh.library@librariesni.org.uk

Fintona: 028 8284 1774
fintona.library@librariesni.org.uk

Macular Society
 028 9273 2147 / 078 7952 9267

Make the Call

Talk to us about accessing benefits, supports and services you may be entitled to.
 0800 232 1271
makethecall@dfcni.gov.uk
www.nidirect.gov.uk/makethecall

Moneyhelper

Everyone making the most of their money and pensions.
 0800 138 7777
 whatsapp: 077 0134 2744
www.moneyandpensionsservice.org.uk

Move with MacMillan

For anyone that has had a cancer diagnosis at any stage of their lives, offering Physical activity assistance to all participants in our council area. This includes, Walk Groups, Gym Memberships, Swimming Lessons and much much more free of charge.
 0300 303 1777 / 074 6498 0250
aidan.mccarron@fermanaghomagham.com
www.macmillan.org.uk

Northern Ireland Electricity Networks
 034 5764 3643
www.ninetworks.co.uk

Northern Ireland Water
 034 5744 0088
www.niwater.com

The Oak Healthy Living Centre

Connecting Our Community to Support Health & Well-Being
 028 6772 3843 / 075 9344 6201
Davina.Coulter@oakhlc.com
www.oakhealthylivingcentre.com

Omagh Forum for Rural Associations
Delivering the South West Rural Community Development Service
 028 8225 1559 / 079 6874 1745
info@omaghforum.org
www.omaghforum.org

Omagh Hospital and Primary Care Complex

028 8283 3100
www.westerntrust.hscni.net/hospitals/omagh-hospital

Omagh Independent Advice Service

Providing free, generalist, confidential, independent advice and representational service. 028 8224 3252
info@oias.co.uk
www.oiac.co.uk

Parking Enforcement Processing Unit

Processes all penalty notices under Decriminalised Parking Enforcement.
 PEPU, PO Box 84, Omagh BT78 9AN
 0300 200 7895
www.nidirect.gov.uk/articles/parking-enforcement

Patient and Client Council

An independent, informed and influential voice that makes a positive difference and advocates for people across Northern Ireland in Health and Social Care.
 0800 917 0222
info.pcc@pcc-ni.net
www.patientclientcouncil.hscni.net

PSNI non-emergency
 101

Phoenix/Firmus Gas
 0800 002 001

Roads Division

Western Division Headquarters,
 County Hall, Omagh, BT79 7AF
DfIRoads.Western@infrastructure-ni.gov.uk

Fermanagh & Omagh East, 32 Deverney Road, Arvalee, Omagh, BT79 0JJ
FermanaghandOmaghEast@infrastructure-ni.gov.uk

General Enquiries:

Fermanagh & Omagh West, Castle Barracks, Enniskillen, BT74 7HN
dfiroads.western@infrastructure-ni.gov.uk

Reporting a problem:

0300 200 7894
www.nidirect.gov.uk/information-and-services/travel-transport-and-roads/problems-roads-and-streets

RNID

Supporting people who are deaf, have hearing loss or tinnitus.
 Contact Centre:
 T: 0808 808 0123 E:contact@rnid.org.uk
www.rnid.org.uk

RNIB

See Differently kmcmackin@rnib.org.uk
www.rnib.org.uk

Samaritans

116 123

Shopmobility Omagh

028 8224 0991 / 075 1795 3536
shopmobilityomagh@outlook.com

Shopmobility Enniskillen

028 6632 9965
enniskillensm@live.co.uk
www.shopmobilityenniskillen.com

South West Age Partnership

Connecting Older People across Fermanagh and Omagh
 028 8225 1824 / 079 5578 7456
aforbes@southwestagepartnership.co.uk

South West Acute Hospital

028 6638 2000
www.westerntrust.hscni.net/hospitals/south-west-acute-hospital

Street Lighting Faults

0300 200 7899
www.nidirect.gov.uk/services/report-street-light-fault

Stroke Association NI

Rebuilding lives after stroke.
 028 9050 8020
www.stroke.org.uk

Volunteer Now

Supporting organisations and individual with Volunteering
 074 6748 6638
lynn.johnston@volunteernow.co.uk
www.volunteernow.co.uk

WHST Health Improvement

health.improvement@westerntrust.hscni.net
 028 7186 5127

All details included in the directory of services were relevant at the time of going to print and every effort was made to ensure the accuracy of the booklet.

If you are part of a group service or community organisation who would like to be kept up to date with events or activities for older people please email aforbes@southwestagepartnership.co.uk

BOOK A FREE HOME SAFETY CHECK



We offer free home safety checks for all those aged over 65 years (or vulnerable adults) living within the Fermanagh and Omagh District Council area.

Safety Aids to Help You ...

- Jar and bottle openers
- Shoe Horn
- Sock Aid
- Magnifier
- Carbon Monoxide Alarms

How safe is your home?

The checks offer tips on all aspects of home safety

Reduce your risk from ...

- Falls in the home
- Burns or Scalds
- Choking or Ingestion
- Poisoning
- Danger from Carbon Monoxide

A room-by-room inspection usually takes around 30 minutes and our Home Safety Officers can:

- Show you the potential risk areas in your home, for example tripping hazards
- Issue home safety equipment (subject to stock availability)
- Provide tailored advice on how to make your home safer
- Refer you for a free fire safety check
- Specialist advice on energy saving and benefit entitlement



Evaluation - How did we do?

1. How much did you enjoy the content of the Happy at Home booklet?



2. Would you recommend reading this booklet to others?



3. Are you a member of an older persons' group?



4. How positive are you about growing older?



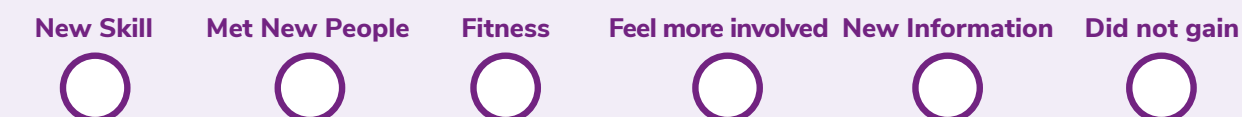
5. Do you feel attending older peoples events or activities makes you feel more included in society?



6. How did you find out about the Happy at Home booklet?



7. What (if anything) did you gain from attending any events or activities in your local community?



8. Please provide us with your postcode:.....

Are you?



Are you aged ?



9. Any comments

.....



Tear questionnaire off.
Fold & seal before posting.
Thank You

AFFIX
POSTAGE
STAMP
HERE

Allison Forbes, SWAP

54 Gortview Close
Omagh, Co. Tyrone
BT79 7WU